

RAINBOW MESSENGER
SEPTEMBER, 2005



WALKING: The banquet room will open for walking most weekday mornings at 8:00 a.m. If you walk 25 laps around the room you've walked a mile. The room is climate controlled for your comfort.



WALKING TRAIL: Don't forget we have the walking trail. For mornings, or cool days (or late afternoons) when you want to walk outside our trail is 1/3 of mile. We have benches located at various spots along the path. This path is made of wood chips, which is easier for you to walk on.



FITNESS ROOM: Our fitness room is open from 8 a.m. to 3:45 p.m. for you to use. We ask you to sign-in and out at the receptionists' desk. The fitness room is located in the lower level. We have 2 treadmills, 3 recumbent bicycles, another stationery bike, plus a "Cybex" machine that gives you several different exercises to workout for different areas of the body.



BILLIARDS/POOL: You can enjoy playing pool Monday, Tuesday, Thursday and Friday from 8:00 a.m. to 3:45 p.m. We request you not **start your games on Wednesdays until 1:00 p.m.** We have a full size pool table plus a bumper pool table for you to play. Thanks for your cooperation. Bring your friends in for a friendly game of pool!!



EXERCISE CLASS: We have an exercise class which meets on Monday and Thursday mornings starting at 9:00 a.m. Our exercises are designed to keep your joints limber. We also do some stretching exercises and finish with the "Chicken Dance" and the "Hokey Pokey".



FREE COMPUTER ASSISTANCE: Do you have questions about how to use a computer? E-Mail? Use the Internet? Or anything else you would like to learn? We have Volunteers that come in on Wednesday mornings from 9:00 to 10:30 a.m. They will be glad to answer your questions and give you helpful tips!!

GAMES: Every Friday we offer games all day until 3:45 p.m. Bring your friends in for a fun afternoon. We have several different games for you and your friends to play. They are Rummicube, Double Nine Domino's, Scrabble, Tripoley and of course cards. These games are in the TV room on the main floor and available Monday-Friday for your enjoyment from 8:00 a.m. to 3:45 p.m. We also have: Ping Pong, Bumper Pool, Pool/Billiards and a portable Shuffle Board Court in the lower level. These games are available 8:00 a.m. to 3:45 p.m. weekdays except Wednesday, when we ask you to please wait until 1:00 p.m. to start your games.

SUNDAYS AT THE CENTER: Would you like the Center open on Sunday afternoons? If so, it is up to you to volunteer to open. Please call the Center at: 482-4455 the Monday before to volunteer so I can get it in the paper. Anyone volunteering to open the Center, the **Sunday hours are from 1:00 to 4:00 p.m.** Thanks for your cooperation.

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CRAFTY CREW: Come and “Paint It” or “Craft It” and have fun with us. Learn new techniques every Tuesday from 9 a.m. – 12 p.m. Class fees will be

\$3.00 which includes use of some supplies.

Schedule for September:

**September 6th - Autumn Leaves –
Clay Art**

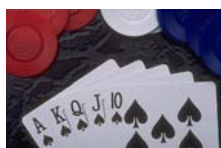
September 13th - Clean & Glaze Leaves

September 20th - “Depression” Dolls

September 27th - “Catch Up”



SINGING SENIORS will meet Friday mornings at 10:00 a.m. in the banquet room. Anyone who likes to sing is invited to join us. However, if you can't make it every week, that's okay, we'll be glad to have you join us when you can. This month we will be singing at **The Waters in Huntingburg on Friday, September 30th.**



CARD TOURNAYS: This month we will have three (3) tourneys since we have 5 Thursdays. They will be: **Cinch on Thursday, September 1st, Rum on Thursday, September 15th and Euchre on Thursday, September 29th.** All tourneys start at 12:00 p.m. and will consist of six (6) games per tourney. Entry fee is \$1.00 a person. Prizes are awarded. Please sign-up by 10:00 a.m. the morning of the tourney. Hope you can join us.



BLOOD PRESSURE CHECKS will be held on **Tuesday, September 13th** from 11:30 a.m. to 12:00 noon at the Arnold F. Habig Community Center.

BINGO: Join us for Bingo on **Tuesday, September 13th and 27th.** It's much easier to collect/pay now. We not only need the number of cards you will be playing but will be collecting \$1.00 per card. We are going to play 50 games per day at \$.02 a card which equals \$1.00 per card. If you play 4 cards, you will need to pay \$4.00, etc. If you are only going to stay until break, you pay \$.50 per card for the day. Sorry but these will be your only options 25 or 50 games. Someone will be collecting the money starting at 11:30 a.m. so games start at 12:00 p.m. We will now be taking donations for the coverall in a container up front. Coverall will max out at \$10.00; anything over will be used for another time. If we don't have extra money for a special coverall, the 1st game after break will be a coverall instead of a regular game: receiving same amount as the rest of the games.



MOVIES & POPCORN: Join us for this month's movie **“National Treasure”**. Family Video will be donating a copy of this movie for us to watch on **Wednesday, September 7th.** The movie stars are: Nicolas Cage, Jon Voight and Christopher Plummer. The movie is about an ancient treasure from the Middle East, it has been protected through the ages, by the Knights Templar and the Masons. This treasure has been hidden for centuries until a modern investigator follow series of baffling clues that lead them. Come in to see what the clues are. You'll also want to find out more about “National Treasure”.

LUNCH OUT: Join us for lunch at the **Shamrock** in Ireland this month on **Friday, September 23rd.** We'll be there to eat at **11:00 a.m.** As usual everyone orders what they want and pays for their own meal. They have a plate lunch – fish or soup and sandwiches. Please call in by **9:00 a.m.** on **Wednesday, September 21st** to turn in your reservations for lunch out. I'm sure you will enjoy eating out with the Lunch Bunch at the Shamrock.

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PICNIC AT BUEHLER PLAZA:

Several of you have asked for a picnic at Buehler Plaza and we are going to accommodate on **Friday, September 16th**. We plan to eat at **11:00 a.m.** The Corner Deli will cater our box lunches. The menu is: Croissant lunchmeat sandwich with garnish, chips, pasta salad, cookie and drink for \$6.00. Reservations for the picnic are due by **3:00 p.m. on Tuesday, September 13th**. Come down and join us for a fun time.



QUILTING BEE'S: We will hold the September quilting bees on **Monday, September 12th** and **Monday, September 26th**. Our quilting bees run from

9:00 a.m. to 3:00 p.m. All quilters are invited. The Center will provide lunch for any Senior Citizen who quilts on our bi-monthly Quilting Days. Hope you can attend, every stitch counts!!



LINE DANCE CLASSES will be held on Wednesdays from 6:30-8:00 p.m. during August. Come join the fun at the Arnold F. Habig Community Center on Wednesday

evenings. Line Dancing Classes are instructed by LaVerne Lechner. These classes are for Dubois County Senior Citizens 55 years and older. They are designed for beginners. All persons attending should wear tennis shoes. Class sessions will cost \$3.00 per dancer, payable each session. For more information call 482-4455. Hope to see you there.

AZTAR TRIP: Some of you have asked for a trip to Casino Aztar and we have scheduled one on **Wednesday, September 28th**. We'll leave the Armory parking lot at 9:30 a.m. Pick-ups can be made in Huntingburg upon request. You will receive: \$5.00 token coupon, buffet or \$7.00 off a meal at certain restaurants in the Casino Aztar Complex. Cost of the trip is \$15.00. We should return home approximately 4:00 p.m. Don't forget your photo ID (drivers license, i.e.) in case you win big.

Sing-ups start at **1:00 p.m.** on **Thursday, September 8th** in the Community Room of the Arnold F. Habig Community Center. Tickets will be passed out starting at 12:30 p.m. People can sign up to four (4) Dubois County Senior Citizens age 55 and over. Please bring correct change, the names and one (1) phone number per group.

DUBOIS COUNTY COUNCIL ON AGING ANNUAL LUNCHEON will be held **Tuesday, September 20th** at the Arnold F. Habig Community Center. Enjoy the luncheon and entertainment by Michelle Martin, of Bloomington, performing songs from the 40's and 50's. Prizes will awarded. Baron Hill will be the speaker. Doors will open at 11:00 a.m. For **reservations** call Reynold L. Knust at: 367-2429 or Bernice Sermersheim at: 482-7832 by **September 6th**. Tickets are \$8.00.

CITY WEB SITE: The City of Jasper has a new web site. It is: www.jasperindiana.gov

CLOSING: The Older Americans will be closed on **Monday, September 5th** in observance of Labor Day. Have a safe Labor Day Weekend!

THANK YOU to all who sent cards or mementoes when my father passed away last month. Please know your kindness will always be remembered. Bev Hinkle and family.

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HAPPY SEPTEMBER BIRTHDAYS!

2 nd	Louise Bonifer
3 rd	Edwin Buchta
3 rd	Dorothy Messmer
4 th	Leroy Frick
7 th	Jerry Summers
12 th	Darlene Frick
13 th	Shirley Hurst
13 th	Wilma Lottes
15 th	Pauline Schnell
22 nd	Tom Fehribach
22 nd	Verona Prectel
23 rd	Herb Welp
24 th	Marge Bohnert
30 th	Margie Ranger



HAPPY SEPTEMBER ANNIVERSARIES!

5 th	Mr. & Mrs. Jim Gramelspacher
8 th	Mr. & Mrs. Herb Welp
9 th	Mr. & Mrs. Alfred Coffey
11 th	Mr. & Mrs. Urban Eckert
15 th	Mr. & Mrs. Chester Hanebutt
24 th	Mr. & Mrs. Linus Kluemper

AARP NEWS: The Dubois County Chapter #1953 will have their next meeting September 14th at 1:30 p.m. at the Jasper Museum.

The Board meeting will be at 1:00 p.m. at the Museum.